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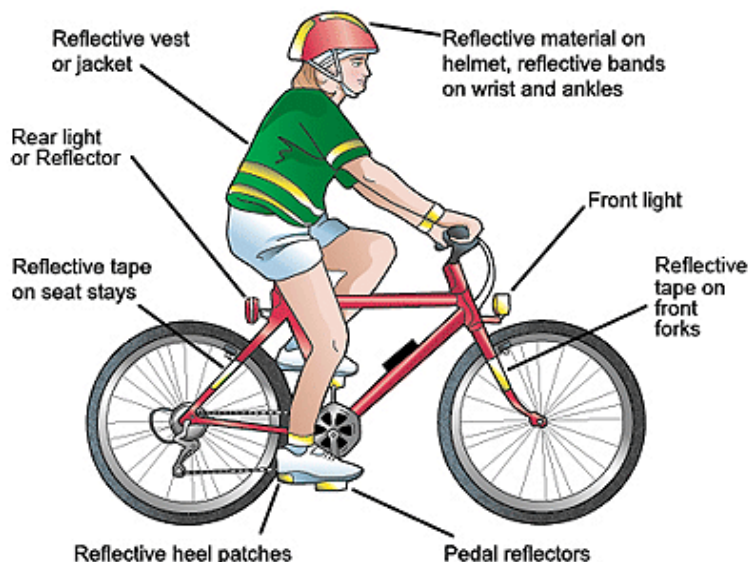


Bicycle Safety

*Bicycle riding is fun, healthy, and a great way to be independent. It is important to remember that a bicycle is not a toy; it's a vehicle! **Be cool**-follow some basic safety tips when you ride.*

Safe Riding Tips

- **Before using your bicycle, make sure it is ready to ride. Always inspect your bike to make sure all parts are secure and working properly.**
- **Wear a Properly Fitted Bicycle Helmet. Protect your brain and save your life.**
- **Adjust Your Bicycle to Fit.** Stand over your bicycle. There should be 1 to 2 inches between you and the top bar if using a road bike and 3 to 4 inches if using a mountain bike. Make sure the seat is level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.
- **Check Your Equipment.** Before riding, inflate tires properly and check to ensure that your brakes work
- **See and Be Seen.** Whether day or night, you need to be seen by others. Wearing white clothing does not make you more visible. Wear neon or any other bright color to make sure you are seen. Also wear something that reflects light.



• The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules as motorists and ride in the same direction.

• Children less than 10 years old, are not mature enough to make the decisions necessary to safely ride in the street and therefore children would be better off riding on the sidewalk.

For additional information, visit the National Highway Traffic Safety Administration (NHTSA) web site at: www.nhtsa.dot.gov or the FS Supplement 1 to AR 190-5.